WHAT AN ANGRY CHILD NEEDS TO HEAR

I CAN SEE THIS IS HARD FOR YOU

- Tells the child they have your attention
- Acknowledges the child expressing their feelings
- Validation and acceptance of their emotions





I CARE ABOUT HOW YOU FEEL,

- Tells the child that you are present
 Acknowledges the child's feelings
 - •Demonstrated compassion
- Opportunity of deeper connection

IT IS OK TO FEEL ANGRY

- Tells the child that all feelings are ok
- Acknowledges the child's feelings
- Gives the child acceptance of feeling angry





EVEN WHEN YOU FEEL YOUR WORST I LOVE YOU

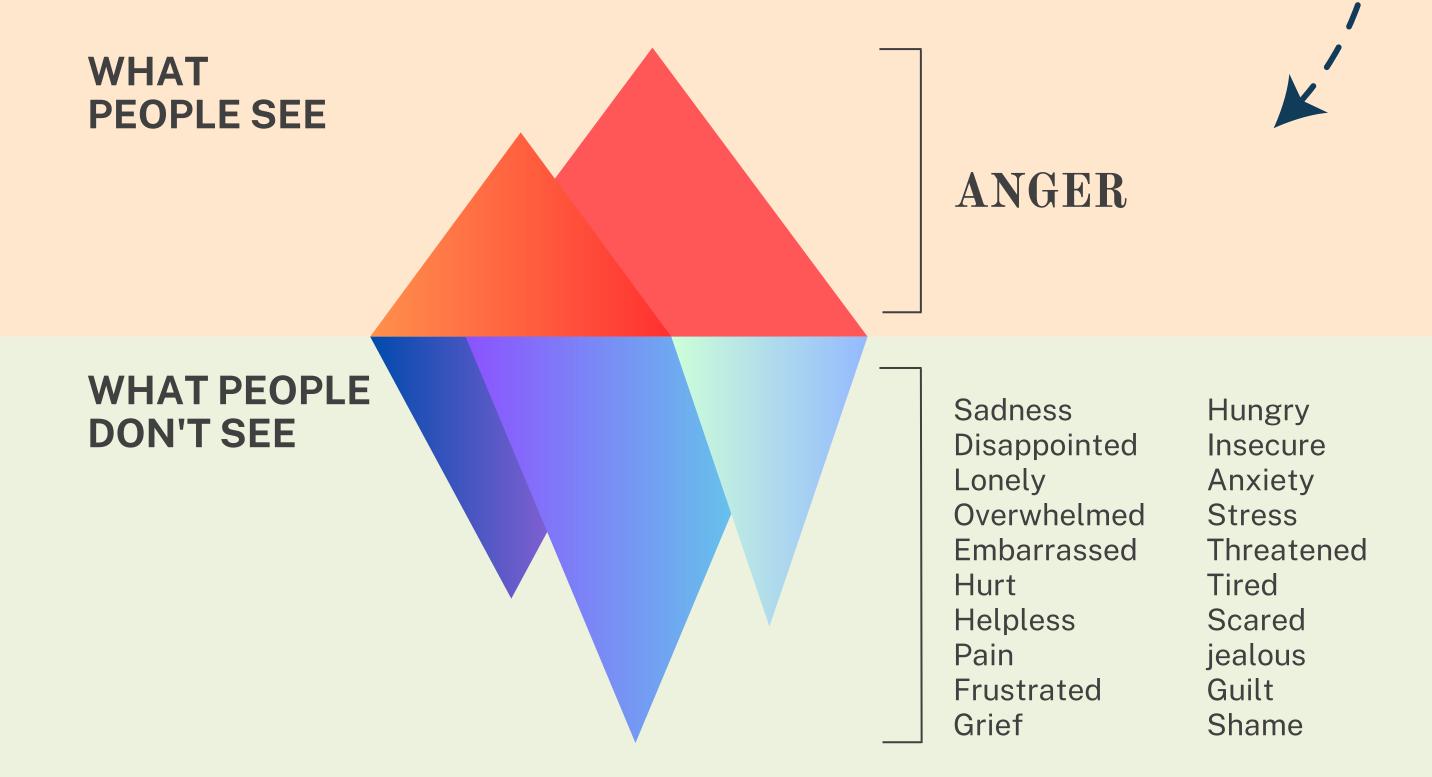
- Tells the child that you will love them no matter how they feel or behave
 - Creates a safe environment
 - Deepens connection and builds trust
 - Demonstrated unconditional love

I AM HERE FOR YOU

- Tells the child that all feelings are ok
- Demonstrates compassion
- Deepens connection and builds trust



ANGER ICEBERG



Anger is an emotion that tends to be easy to see.
However, anger is often just the tip of the iceberg. Other emotions may be hidden beneath the surface.